

# Mountain STAGE



## Race requirement

### RUNNING SHOES

**Zeolite Trail Shoes** ▶

**Salomon Sense Marin Shoes** ▶

The run is very rocky and you will cross the river numerous times. Choose a shoe with lots of contact surface - soles with long high knobs can be very slippery on the rocks. There are not many muddy areas. Socks are highly recommended also.

### BACKPACK

Must be large enough to fit all compulsory gear and food into - recommended volume 12L+. Recommend placing clothing into Ziploc® bags to keep dry. Do not vacuum pack it, there is a gear check at Goat Pass.

### THERMAL GLOVES

No specific weight requirement - must be appropriately sized for competitor.

### THERMAL HAT

No specific weight requirement - must be appropriately sized for competitor.

### WATERPROOF JACKET WITH HOOD

**1. Zeolite Jacket** ▶

**2. Flinders Jacket** ▶

Seam sealed and constructed of durable material with hood.

### WATERPROOF PANTS

Seam sealed and constructed of durable material.

### LONG SLEEVE THERMAL BASE LAYER TOP

**1. Ultracore Long Sleeve Top** ▶

No specific weight requirement - must be appropriately sized for competitor.

### FULL LENGTH THERMAL BASE LAYER PANTS

**1. XT Alziro Leggings** ▶

No specific weight requirement - must be appropriately sized for competitor.

### LONG SLEEVED MID LAYER TOP

**1. XT Alziro Long Sleeve Top** ▶

**2. Depart Merino Pullover** ▶

**3. Ridge Fleece Pullover** ▶

With insulation properties approx. 220gsm or greater - must be appropriately sized for competitor

### WHISTLE

Attached to outside of pack or bib.

### FOIL SURVIVAL BAG

Blankets are NOT accepted.

### FIRST AID KIT

FIRST AID KIT MINIMUM REQUIREMENTS:  
 -1.5m long (unstretched) roll of 5cm wide crepe bandage  
 -5m long roll of 2cm wide strapping tape  
 -10 band-aid strips  
 -Triangular bandage and scissors  
 -4 x pain relief tablets\*\*  
 -Any Competitor specific medication\*\*\*

\*\*That can be used to treat pain in case of injury while help arrives - always follow directions when taking medications.  
 \*\*\*This must also be recorded in your entry so race medical staff are aware of any potential conditions or issues.



## OFFICIAL COAST TO COAST GEAR LIST

This list details every piece of compulsory competitor gear needed for New Zealand's most iconic multi-sport event. We've separated each section to make sure you've got the right gear for each stage of the race - trail running, cycling and kayaking. When choosing your kit, think about whether you're a competitor who prefers speed or comfort. And make sure you select gear for all possible conditions.

If you're aiming to take 3-4 hours for a certain leg, your requirements could be different than someone planning to take a lot longer. The lightest gear won't be as robust or warm as some other options so choose your gear with that in mind - and if in doubt ask us!

For easy guidance we have also provided some items in a scale using the following recommendations:

1. The lightest, most fitted option for the more experienced and quickest competitors - or for use on a hot day.
2. A mid option, a little heavier, thicker or warmer, suitable for all competitors in a range of conditions (recommended minimum training weight for safety on course).
3. A heavier, versatile option for the competitor wanting extra comfort or when forecast conditions are cold or wet.

# Kayak STAGE



## Race requirement

DRY-BAG

Must be water proof/seam sealed and capable of keeping gear dry when immersed in water.

PADDLE SPECIFIC JACKET

Waterproof (Seam sealed and constructed of durable material) long sleeved PADDLE SPECIFIC jacket (minimum of neoprene cuffs).

THERMAL GLOVES

No specific weight requirement – must be appropriately sized for competitor.

THERMAL HAT

No specific weight requirement – must be appropriately sized for competitor.

LONG SLEEVE THERMAL BASE LAYER TOP

**1. Ultracore Long Sleeve Top ▶**

No specific weight requirement – must be appropriately sized for competitor.

FULL LENGTH THERMAL BASE LAYER PANTS

**1. XT Alziro Leggings ▶**

No specific weight requirement – must be appropriately sized for competitor.

LONG SLEEVED MID LAYER TOP

**1. XT Alziro Long Sleeve Top ▶**

**2. Depart Merino Pullover ▶**

**3. Ridge Fleece Pullover ▶**

With insulation properties approx. 220gsm or greater - must be appropriately sized for competitor.

THERMAL SOCKS

Synthetic, Merino or similar – for if you have to spend a period of time on the river bank.

WHISTLE

Attached to outside of pack or bib.

FOIL SURVIVAL BAG

Blankets are NOT accepted.

FIRST AID KIT

FIRST AID KIT MINIMUM REQUIREMENTS:  
 –1.5m long (unstretched) roll of 5cm wide crepe bandage  
 –5m long roll of 2cm wide strapping tape  
 –10 band-aid strips  
 –Triangular bandage and scissors  
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# Camping EXTRA



## Race requirement

### TENT

No requirement however suggest a camping tent large enough to comfortably store yourself and your gear.

### SLEEPING BAG

No requirement however suggest a sleeping bag suitable for comfort rating of at least 0 degrees Celsius.



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# Cycle STAGES



## Race requirement

|                        |                                                                                             |
|------------------------|---------------------------------------------------------------------------------------------|
| REFLECTIVE ANKLE BANDS | One each ankle – must be worn if cycling during hours of darkness.                          |
| FRONT CYCLE LIGHTS     | Must be working and switched on during hours of darkness and comply with NZTA requirements. |
| REAR CYCLE LIGHTS      | Must be working and switched on during hours of darkness and comply with NZTA requirements. |
| CYCLE TOOL KIT         |                                                                                             |
| CYCLING PUMP           |                                                                                             |

HI VIS VEST

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Hi Visibility reflective cycle vest (only required if leaving gorge bridge for final cycle after 6pm).



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